



OhioGuidestone

SOLUTIONS FOR CHILDREN, FAMILIES
& COMMUNITIES

SEEDS

of Hope

Agency Newsletter
Fall 2018

Getting Joyful Together[®]

A Story of Success made possible through
the support of our loyal donors.

Becoming a parent is a wonderful—and daunting—experience. Sandra and Anthony always dreamt of a large, wonderful family. They began the lengthy adoption process, and researched child development. They understood that any child they adopted would come with a past that had an indelible hand in their development and behaviors.

When Sandra and Anthony met Lee and Nick in foster care, they knew they were meant to be a family. Sandra and Anthony began to make regular visits to Lee and Nick, to build their relationship. They eventually began the lengthy adoption process.

While the two brothers were still in foster care, Sandra and Anthony gave the boys a photo album filled with photos of relatives they would soon meet, and a promise of the life they would have.

Sandra and Anthony knew that while these new relationships would grow, there were already many connections in the boys' lives, with foster siblings, biological parents, social workers and an OhioGuidestone therapist named Georgie.

Georgie had been in the boys' lives for a few years before Sandra and Anthony



began the adoption process. She was helping the boys cope with the trauma that the foster care system, even in the most loving of circumstances, can have on a young mind. When Sandra and Anthony completed the adoption process for Lee and Nick, continued appointments with Georgie were a given.

"[Georgie's] place in our life, has brought nothing but joy," said Sandra. "[She's] helped give us skills and talk through some of the things that have been challenging about being new parents. Most new parents don't have kids who come with support."

"These are super useful tools. As grown-ups, you've forgotten how to play. But these are strategies that help you play."

~Sandra, mother of two

Georgie helped Sandra and Anthony build their relationships with their children, one Joyful Together[®]

activity at a time. "These are super useful tools. As grown-ups, you've forgotten how to play. But these are strategies that help you play," said Sandra. The activities have brought joy into the lives of this family, and helped Sandra and Anthony apply their understanding of childhood development to everyday situations.

"It helps change the lens on how you see particular behaviors, and certainly changes the way that I respond and interact with my kids," said Anthony.

Like any parents, Anthony and Sandra reflect on how much their boys have grown, and think about how wonderful it was when they were younger.

To Sandra, though, "I wouldn't take back how cute and tiny they were if I had to give back the ground I've gained in my relationships with them."

Relationships are learned. So Sandra

and Anthony will continue to nurture their children, and help them succeed in life. All while sprinkling in a healthy dose of joy.

Message from the President



Richard R. Frank,
President and CEO

All of our programs and services plays a vital role in OhioGuidestone's strategic plan through fiscal year 2021. We serve thousands of children and families across Ohio, and we want to serve more. Critical relationships, such as our new partnership with A Renewed Mind, are expanding the recovery programs available for OhioGuidestone clients who battle Substance Use Disorders (SUD).

Our partnership is paving the way toward diversifying OhioGuidestone's SUD services, now available in more regions than ever. First quarter reports project that we will exceed our goal for clients served within the fiscal year. In a few short months, we have helped hundreds of community members take their first steps toward recovery.

As the opioid epidemic continues to weigh heavily on individuals, families, and communities in Ohio, OhioGuidestone will continue to intervene with prevention programs, counseling, and treatment and recovery options in as many regions as possible, to benefit as many people as possible. With your support, we will continue our legacy of hope and healing in every community.

Message from the Chief Clinical Officer



Dr. Ben Kearney,
Executive Vice President &
Chief Clinical Officer

All of the efforts that go into The Institute of Family & Community Impact™ are to ensure a better life for every family and child that OhioGuidestone serves.

The Institute of Family & Community Impact™ is a pivotal piece in OhioGuidestone's new strategic plan—creating models, trainings and presentations to share among staff and to present to professionals across the state.

OhioGuidestone clinical staff have traveled across the state and even across the world to present our ideas, findings and research. We are transforming and innovating our industry, one person at a time. All this, in the hopes that future generations are self-reliant and

Licenses and Certifications

Ohio Department of Job and Family Services | Ohio Department of Mental Health and Addiction Services

Approved Health & Welfare Organization of the East Ohio Conference of the United Methodist Church



OhioGuidestone Presents: The Institute of Family and Community Impact™

By Brittany Pope, *Director of Applied Clinical Sciences and Research* and
Reinheld Boehme, *Assistant Director of Clinical Impact and Innovation*

The Institute of Family & Community Impact™ is a learning organization that provides opportunities for growth to families and drives change in our communities. The Institute of Family & Community Impact™ develops and advances clinical innovation and practices that produce better outcomes and are of greater value to our clients and stakeholders. Through the development support of evidence-informed and evidence-based practices, it is ensuring that science is translated to practice and equipping practitioners to help their clients better achieve their goals. The Institute of Family & Community Impact™ advocates for policy and culture changes that support and sustain strong relationships and families as well as healthy and vibrant communities.

Dr. Benjamin Kearney, Executive Vice President and Chief Clinical Officer leads The Institute of Family & Community Impact™. Visiting fellows and scholars will be invited to be a part of The Institute of Family & Community Impact™, for other agency associates and internships to support the mission.

“We are spearheading projects and research built on decades of data in the clinical field as well as our staff’s combined decades of experience,” said Dr. Ben Kearney.

The Institute of Family & Community Impact™ has already begun to churn out clinical trainings and products, and is enhancing our program evaluation by adding a business analytics component. The first series of Clinical products, based on a novel approach, CBT-Plus® will be available statewide in October. The Research Center is piloting trials to evaluate programs such as Joyful Together® and our newly created paternal depression screening tool. As The Institute of Family & Community Impact™ blossoms, it will position OhioGuidestone to effect greater change through advocacy and policy influencing to impact even more children, families and communities.

The Centers of The Institute of Family & Community Impact™ are:

- Clinical Products & Training
- Business Analytics & Evaluation
- Research
- Publishing
- Advocacy & Policy Influence

THE INSTITUTE OF
**FAMILY & COMMUNITY
IMPACT**

Joyful Together®

There are moments in every person's day that can pass by unnoticed. Dr. Ben Kearney watched one such moment a few years ago. A mother and her toddler standing in silence as they waited in line at a restaurant. There was not anything outwardly wrong with the scene, but Dr. Ben Kearney could not stop thinking about it.

Was there something more that mother could do? Something that would build their relationship, and create a sense of joy?

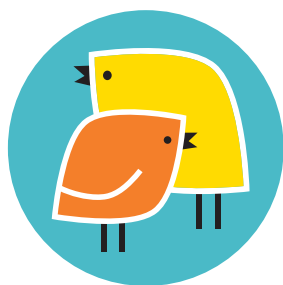
It sparked an idea, which Dr. Ben Kearney brought back to the staff at OhioGuidestone's The Institute of Family & Community Impact™. Using the latest research in neurobiology and interpersonal psychology evidence, as well as their experiences as professionals and parents, they created Joyful Together®.

Joyful Together® is the Institute of Family & Community Impact™ and OhioGuidestone's way to tackle the growing issue of toxic stress. It is based on

easy to use activities, like the "Brain Power" game below, that strengthen relationships between adults and children.

While Joyful Together® began as a model for parent children relationships, The Institute of Family & Community Impact™ has developed variations on the model that work for teachers, therapists, and all care-givers. So far, we have seen that Joyful Together® develops empathy and nurtures a sense of safety and security for children. To prove the success of Joyful Together®, The Institute of Family & Community Impact™ is conducting a research study measuring the stress hormone levels in caregivers who participate in the program.

Our initial findings show that Joyful Together® improves Child-Caregiver Relationships, and decreases parent stress levels. Joyful Together® takes the quiet moments that might otherwise pass a parent by, and teaches care-givers that they can help their child build resiliency and prepare them for their futures.



Joyful
Together

.....
STRENGTHEN RELATIONSHIPS
THROUGH LAUGHTER & PLAY

Joyful Activity: Brain Power!

Hold your child's head with both hands and look into her eyes: Your words and gaze are going to fill her brain up with power, quick wits, confidence, and love!

"It's Brain Power time! I'm filling your brain up with extra strength and smarts! I'm adding bravery and love! What else do you need in there today? You're smiling, do you need some extra smiles? OK, here they come! You'll have these smiles in there all day, with hugs and kisses, too."

Working Past Shame in Therapy with Story Building Therapy®

By Brittany Pope, *Director of Applied Clinical Sciences and Research* and
Reinheld Boehme, *Assistant Director of Clinical Impact and Innovation*

Those who experience adversity and trauma can have many different reactions and health symptoms. Some are more obvious, and easier to address. Yet many effects of trauma and adversity are difficult to engage in traditional therapeutic models.

Many people who have such painful experiences have feelings of shame afterwards, that they may not always realize. In the clinical world, shame is not well addressed; while the negative effects of shame are widespread and can impact an individual's ability to function well.

Clinicians at OhioGuidestone's The Institute of Family & Community Impact™ wanted to create

an innovative approach to better help clients manage these burdensome symptoms and feelings. They began to formulate a new model using neurobiology research that would enhance how therapists connect with their clients to better support them sharing these tough experiences during therapy: Story Building Therapy®.

While The Institute of Family & Community Impact™ is still in the early stages of research for this model, it shows great promise. Therapists have even seen greater engagement in their clinical relationships with clients, and they have demonstrated successful results that show greater promise.

Story Building Therapy® works like so:



The therapist asks their client to tell a painful or traumatic personal story in the present tense, as though they are experiencing it for the first time.



As the client retells their story with the helper, it changes how they live with the shame of this experience because a different part of the brain is engaged than if they were just retelling the story. This part of the brain helps regulate the body's stress response system- which is important for health and wellness.



The therapist then asks the client to retell the story again, but this time they are to include a 'helper' in the story that leads to an alternate, satisfactory ending. When a client envisions a helper that is able to bring resolution to their painful story, they experience hope.



The more the client works with their therapist, the more they begin to shift what they have come to believe about themselves away from shame towards hope. This renewed hope enhances clients' functioning in ways that were not possible when they were burdened by high levels of shame.

Innovative Care in Our Youth Residential Treatment Center

By Brittany Pope, *Director of Applied Clinical Sciences and Research* and
Reinheld Boehme, *Assistant Director of Clinical Impact and Innovation*

The children in our Residential Treatment Center stay with us because they have been hurt, often more than once, by traumatic life experiences and are struggling to function in their lives and relationships. Their time with OhioGuidestone must be centered around love and healing.

To help these children heal more effectively, OhioGuidestone's The Institute of Family & Community Impact™ began to assess the therapeutic models used in treatment. What they found was that by applying the latest research and principles of neurobiology and interpersonal psychology to a new therapeutic model, they could help children in residential build resiliency- a crucial trait to adapt to adversity and support optimal functioning in community settings.

They began to implement this new model called Brain Building. Brain Building is an innovative evidence-based practice that determines the most appropriate mental health treatment plan for children based on their neurophysiological- or "brain" symptoms and level of functioning.

This approach promotes more effective interventions and improved clinical outcomes.

Our children's everyday environment needs to be positive while supporting everything being addressed during therapy sessions. In addition to clinical staff receiving new training, direct care staff also receive intensive training on how to interact with youth to build relationships. Brain Building promotes the use of relationships to build resiliency based on years of research that demonstrates that youth who have at least one relationship with a safe, caring adult have better clinical outcomes, can manage their stress and overcome adverse experiences. Direct care staff are trained on key areas such as coaching and using play-based and

joyful activities to build resiliency in our youth.

Additionally, Brain Building added a special component to the program: a Youth Client Feedback Committee. Youth are invited to fill out surveys on topics from meals to how they want to greet new youth and staff. Youth representatives from each house participate in monthly focus groups to discuss the survey topics further. In these feedback sessions, youth learn the steps to provide feedback, as well as offer ideas for quality improvement projects to continue to enhance their program.

The Institute of Family & Community Impact™ is working to positively impact the lives of the children we serve, as well as advocate for children across the country who need the highest quality care available to





The essential factors of healthy living

OhioGuidestone's The Institute of Family & Community Impact™ recognizes eight essential, research-based factors of healthy living, what we call the eight domains of impact. We support children and families to establish these factors in their lives through our innovative therapeutic and clinical models.



Belonging to a social network that encompasses a "We" approach instead of an "Us vs. Them" approach

Clients feel connected and empowered in their communities.



Belonging to a social network that has a shared sense of altruism

Clients feel connected to faith, spirituality, and a greater purpose.



Belonging to a Nurturing Home

A stable and secure home builds the foundation for future success.



Creating environments supportive of early literacy

Early literacy is an indicator of future academic success.



Building and Enhancing Resiliency

Teaching confidence in client's own ability to navigate hard times and good.



Having Nurturing Relationships and Therapeutic Support

Establishing and maintaining social bonds that help clients thrive.



Limiting Exposure to Artificial Joy

Drugs, alcohol, and obsessive behaviors undermine a client's ability to build relationships.



Addressing the Interconnection of Mental and Physical Health

Understanding the impact of mental wellness on lifelong health.



OhioGuidestone

SOLUTIONS FOR CHILDREN, FAMILIES
& COMMUNITIES

Our Vision

Future generations are educated, self reliant and contributing members of strong communities.

Our Mission

To provide pathways for growth, achievement and lifelong success.

OhioGuidestone

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DATED MATERIAL

NEWS & EVENTS



Get Involved:

Thanksgiving Food Drive:

Join us as we collect non-perishable food for our most needy children and families. We will collect items October 15 through November 16. **No time to shop? We also accept gift cards to local grocery stores.** For more information, contact Jeffery Koebel at 440.260.8231 or Jeffery.Koebel@OhioGuidestone.org.



#GivingTuesday:

#GivingTuesday is on November 27, but OhioGuidestone will celebrate all month long. We will collect brand new shoes for our clients to prepare them for every step towards successful futures. Stay tuned for exciting details on our social media channels. **Want to get involved?** Contact Arian May at 440.260.8212 or Arian.May@OhioGuidestone.org.



Holiday Shop:

We invite you to make a difference in the lives of the children and families we serve. Starting December 1, we'll collect brand new, unwrapped gifts for our holiday shop. Upon receiving, these gifts will be hand selected by our caseworkers to give our clients a special holiday. Join the many donors who have made giving to our neediest families part of their holiday tradition. **Want to get involved?** Contact Jeffery Koebel at 440.260.8231 or Jeffery.Koebel@OhioGuidestone.org.